

**BTheOne.org**



**KNOW THE SIGNS**  
**BE THE DIFFERENCE**

**WHEN SOMEONE IS STRUGGLING, YOU CAN ENCOURAGE THEM TO GET THE HELP THEY NEED. TALK TO THEM OPENLY AND HONESTLY.**

**WE'RE HERE FOR YOU, TOO.**  
**1-800-273-TALK (8255) OR CHAT AT**  
**SUICIDEPREVENTIONLIFELINE.ORG**

